Mountain Weather Forecast

Lake District National Park

Forecast valid from 06:00 on Friday 08 Mar 2024 until 23:59 on Saturday 09 Mar 2024

Forecast Issued on Friday 08 Mar 2024 at 03:08

Confidence: High for easterly flow persisting but gradually lowering confidence for the cloud and precipitation detail.

Headline for Friday 08 Mar 2024: West dry with brighter spells building. East cloudy with some early showers. Strong easterly summit breezes. Freezing level lowering later.

Mountain weather hazards on Friday 08 Mar 2024

Blizzards No Likelihood	**Heavy persistent snow** No Likelihood	**Storm force winds** No Likelihood
Gales No Likelihood	**Severe chill effect** Low Likelihood	**Poor visibility** Medium Likelihood
Thunderstorms No Likelihood	**Heavy persistent rain** No Likelihood	**Strong sunlight** No Likelihood

Weather and chance of precipitation at 800m					
Time					
06:00	09:00	12:00	15:00	18:00	21:00
FOG					
Fog	Cloudy	Sunny intervals	Sunny intervals	Sunny intervals	Cloudy
Precipitation probability					
40%	20%	10%	<05%	10%	10%

Forecast for Friday 08 Mar 2024

Weather: West dry with bright and sunny spells building from late morning. East rather cloudy with some showers, these mainly through the morning and wintry above around 400m.

Chance of cloud-free hill tops above 800m: 70% in west, 20% in east, becoming for afternoon 80% in west, 40% in east.

Low cloud and visibility: Good becoming moderate or poor in rain showers, very poor in snow showers and within cloud with bases quite extensive in the east at first from 600m, otherwise more broken and lifted.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
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Mountain Weather Forecast

Forecast for Friday 08 Mar 2024

Height (m)	Wind Speed mean/gusts (mph) Wind Direction (blowing from)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	41/48 E	42/50 E	33/42 E	33/43 E	41/51 E	45/57 E	43/54 E
600	28/35 E	29/37 E	28/38 E	27/36 E	29/39 E	32/44 E	30/42 E
300	9/26 E	10/27 E	11/28 E	12/29 E	11/31 E	13/36 E	13/34 E
Valley	5/20 E	9/25 E	11/25 E	11/25 E	7/22 E	7/25 E	10/28 E

Height (m)	Temperature / Feels Like (°C)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	-2/-12	-2/-12	-1/-10	-1/-10	-2/-12	-3/-14	-3/-13
600	1/-7	1/-7	2/-5	2/-5	0/-7	-1/-9	-1/-9
300	3/-0	4/0	5/1	5/1	3/-1	2/-3	2/-3
Valley	5/4	6/3	7/4	7/4	6/4	4/2	4/1
Freezing Level*	700m	600m	600m	600m	500m	400m	500m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Meteorologist's View

Severe wind chill effect extended to quite low routes.

Forecast for Saturday 09 Mar 2024

Weather: Easterly flow persisting bringing showers, quite frequent during the morning and in the east, while western areas of the Park see the best of the shelter, with snow level around 600m. A cloudier day than Friday with the brief brighter spells in the west and most likely either side of noon.

Maximum wind: East or northeast mean 35mph with gusts reaching 50mph across most exposed ridges and summits, easing a little for the afternoon.

Chance of cloud-free hill tops above 800m: 60% in west, 10% in east

Low cloud and visibility: Good becoming moderate or poor in rain, very poor in snow and within cloud with bases becoming extensive in the east from 600m, quite frequently so in west.

Temperature: **Valleys:** Plus 2 Celsius increasing 11 Celsius for the afternoon
At 800m: Plus 1 Celsius
Freezing level: 700m

Tuesday	Cloudy with some patchy rain and summit sleet, again focused across the east.

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Ground Conditions Supplement

Date: Thursday 7 March Location: Helvellyn summit at 12:45 Full report: There's currently a marked contrast in the Lake District between the green, Spring-like valleys and the wintry conditions that exist above around 650m and this despite the thaw that's occurred over the past 24 hours. Below 650m there are now only small isolated, insignificant patches of snow. Above 650m the snow depth increases with height with the deepest depths being in sheltered spots and hollows and on steep east and north facing aspects where drifts able to swallow a 60cm ice axe can be found (although such depth is the exception). Conversely, predominantly south facing slopes that have caught the sun have been virtually stripped of their snow cover up to, and including, summit level. The snow pack today was generally soft – especially where undisturbed. However, on popular routes where it has been compacted there was some hard snow and ice making conditions more challenging. Owing to this and also the possibility of the soft snow re-freezing with only a marginal drop in temperature, microspikes are strongly recommended for anyone venturing above the snow line. Cornices have formed above steep north and east facing slopes – such as those on Helvellyn. They were soft, weak and unstable today so please keep well away from such edges and advise those with less experience to do likewise especially as there were bootprints far too close to the edge and a steep drop. The Helvellyn edges were in extremely mixed condition underfoot. Both had bare, dry rock, wet rock, puddles, soft snow and compacted hard snow and ice, ie everything!! Swirral had more snow compared with Striding. Owing to the amount of soft snow, crampons (although carried) were not used today but both microspikes and ice axe were required, especially in descent. Again owing to the possibility of the soft snow refreezing, crampons and an ice axe are strongly recommended for anyone attempting such steep and exposed routes above the snowline.

The summit temperature around midday was just above freezing with the windchill (what the temperature actually feels like) at minus 7 degrees C quickly chilling those who had elected to ascend without spare layers. Thus full winter clothing (waterproofs – which double as windproofs - , extra warm layers, hat & gloves), mountain boots and equipment, including a torch, are all essential to safely, and enjoyably, roam the fells. Visibility can be severely reduced when low cloud is combined with snow obscuring landmarks so a map and compass together with the ability to use them and navigate competently in poor visibility are also essential. Hopefully, though, sunglasses will be essential tomorrow to lessen the glare of the sun on the snow! Temperature: plus 0.5 C, Maximum wind speed 21.3 mph, Wind chill: minus 6.8 C, Average wind speed: 13.5 mph

Issued at: 03:08 on Fri 08 Mar 2024

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